

GUIDELINES FOR RESEARCHERS

Protecting mental health in emotionally demanding research



Engage in activities away from research

01

- Go for a walk.
- Listen to some music.
- Spend time with friends - coffee dates, movie nights, lunch breaks together.
- Engage in creative activities - drawing, colouring book, painting with friends night.

Healthy lifestyle choices

03

- Physical activity.
- Balanced diet.
- Aim for 7-8 hours sleep.
- Limit screen time at least 1 hour before bed.



Scan this QR code to read the full guidelines.



02

Engage in reflective tools and techniques

- Start a journal - find tips using this link.
[How to start journaling- Emilia Stone](#)
- Meditation - gives us the permission to pause, breathe and reset.
[Click to find out how....](#)



Be aware of your own limits and set boundaries

- Limit the time spent analysing emotionally demanding research.
 - Limiting the number of interviews per day.
 - Limiting the number of journals read per day.
- Know your own boundaries of the topics and studies you want to research.



04

Allow breaks

- Give yourself extra time.
- Realistic timelines that factor in needing breaks.

05



Seek support from mental health services if needed

- UK NHS mental health services: Call 999 (for emergencies), 111, or attend your local NHS walk-in service.
- Samaritans: Call 116 123 or visit <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- Mind: Visit <https://www.mind.org.uk/information-support/helplines/>

06

